

GRAND VALLEY STATE UNIVERSITY  
**RECREATION**

*Get Involved • Be Active • Live Healthy.*

# GROUP EXERCISE CLASS SCHEDULE FALL 2015

## Monday

6:45-7:30am	Slow Flow with Emma, Dance Studio- Fieldhouse
9:00-9:45am	Yoga with Claire (FREE) Laker Village N. Community Center
4:30-5:15pm	TBT with Ashley Dance Studio- Fieldhouse
4:30-5:15pm	Intro to Spin™ with Deb Spin Studio- Fieldhouse
6:00-6:45pm	Turbokick with Hillary Dance Studio- Fieldhouse
6:00-6:45pm	Yoga Flow with Sarah Kelly Family Sports Center-MPR
6:30-7:15pm	Interval Spin™ with Erin Spin Studio- Fieldhouse
6:30-7:15pm	TRX™ with Tess Kelly Family Sports Center-Track
7:00-7:45pm	R.I.P.P.E.D.™ with Hillary Dance Studio- Fieldhouse
7:00-8:00pm	Ashtanga Yoga with Claire Kelly Family Sports Center-MPR
7:30-8:15pm	Strength Spin™ with Julia Spin Studio- Fieldhouse
8:00-8:45pm	Zumba™ with Amanda Dance Studio- Fieldhouse
8:15-9:00pm	Power Yoga with Natalie Kelly Family Sports Center-MPR

## Tuesday

5:00-5:45pm	Interval Spin™ with Deb Spin Studio- Fieldhouse
6:00-6:50pm	Beginning Yoga with Owen Kelly Family Sports Center-MPR
6:15-7:00pm	TRX™ with Kathleen Kelly Family Sports Center-Track
6:00-6:45pm	Insanity™ with Jenn Dance Studio- Fieldhouse
7:00-7:50pm	Power Yoga with Owen Kelly Family Sports Center-MPR
7:00-7:45pm	Zumba™ with Amanda Dance Studio- Fieldhouse
7:30-8:15pm	Spin™ with Erinn Spin Studio- Fieldhouse
8:00-8:45pm	G3 with Megan Dance Studio- Fieldhouse
8:30-9:15pm	Endurance Spin™ with Sarah Spin Studio- Fieldhouse
9:00-9:30pm	CORE with Megan Dance Studio- Fieldhouse

## Wednesday

4:30-5:15pm	TBT with Ashley Dance Studio- Fieldhouse
5:30-6:15pm	Endurance Spin™ with Julia Spin Studio- Fieldhouse
6:00-6:45pm	Zumba™ with Christine Dance Studio- Fieldhouse
6:30-7:15pm	Spin™ with Sarah Spin Studio- Fieldhouse
6:30-7:15pm	TRX™ with Tess Kelly Family Sports Center-Track
7:00-7:45pm	Power Yoga with Natalie Kelly Family Sports Center-MPR
7:00-7:45pm	CIZE with Maddie Dance Studio- Fieldhouse
8:00-8:45pm	Yoga Flow with Sarah Kelly Family Sports Center-MPR
8:00-8:45pm	Insanity™ with Catie Dance Studio- Fieldhouse

## Thursday

4:00-4:45pm	Insanity™ with Jenn (FREE) Laker Village N. Community Center
6:00-6:45pm	TRX™ with Kathleen Kelly Family Sports Center-MPR
6:15-7:00pm	PiYO Shannon Kelly Family Sports Center-MPR
6:30-7:15pm	Insanity™ with Maddie Dance Studio- Fieldhouse
6:30-7:15pm	Spin™ with Julia Spin Studio- Fieldhouse
7:15-8:00pm	Yoga Flow with Shannon Kelly Family Sports Center-MPR
7:30-8:15pm	Zumba™ with Paula Dance Studio- Fieldhouse

## Friday

10:00-11:00am	Yoga Flow with Claire Kelly Family Sports Center-MPR
11:00-11:45am	Insanity™ with Catie Dance Studio- Fieldhouse

- Purchase A Pass Online at [gvsu.edu/rec/groupex](http://gvsu.edu/rec/groupex)
- Classes Run August 31st - November 20th
- Try It Before You Buy It! August 31st - September 11th
- Check Website for Any Schedule Updates/ Class Cancellations



# GROUP EXERCISE CLASS DESCRIPTIONS

## **GVSU Kelly Family Sports Center Multipurpose Room**

Mind/Body classes are geared towards improving mental as well as physical well-being. Mindfulness, breath, range of motion, flexibility, posture, and strength are all important components to the Mind/Body classes. All classes are 45 minutes unless otherwise specified.

\*We provide mats for initial visits but expect participants to obtain their own mats if they plan to attend regularly.

### **Beginning Yoga**

Interested in yoga, but don't know where to start? We have just the class for you. Beginning Yoga will introduce all aspects of traditional yoga with additional time for restorative (holding) poses and dynamic (moving) poses and meditation. This IS NOT a one time class. We encourage you to attend consistently to develop your own practice and grow as a group!

### **Ashtanga Vinyasa**

Ashtanga Vinyasa is a shortened form of the Primary series. It is a specific flow of postures to build heat, burn toxins, and improve strength and flexibility that remain consistent in each class. It includes postures that focus on opening up shoulders and hips, as well as engaging all muscles of the body throughout the practice. It is a great class for both cardio and strengthening and is great for beginners and advanced students alike.

### **Power Yoga**

An energizing and athletic practice using a set sequence of postures to stretch, strengthen, and detoxify the body and quiet the mind. You will build endurance as well as strength and flexibility in this class. Yoga mats, resistance straps, yoga straps, blankets, or foam rollers may be used over the course of the semester in this class.

### **Slow Flow Yoga**

Learn more about the techniques of the asanas in "Slow Flow". This is a vinyasa style class where postures are held longer to allow for time to understand and feel how the body should be aligned. Yoga mats, yoga blocks, yoga straps, and blankets will be available to participants for use in this class. This class is great for Beginner to Intermediate yogis.

### **Yoga Flow**

A dynamic flowing style of yoga that links breath and movement through a heat building sequence of postures. Expect to move more quickly through poses than your traditional yoga class. Yoga mats, blocks, straps, blankets, and foam rollers may be used over the course of the semester in this class.

### **PiYo (Pilates & Yoga)**

The best of both worlds! This class incorporates both pilates and yoga into one class to strengthen, stretch and then relax the entire body. Yoga blocks, yoga mats, pilates rings, resistance straps, yoga straps, or foam rollers may be used over the course of the semester in this class.

### **SPIN Studio**

Located on lower level of Recreation Center

SPIN® classes use a stationary indoor bike to create a simulated bike ride. The instructor will lead riders through hills, flats, intervals and more to create a safe, effective, and fun cardiovascular workout.

Intro to SPIN® classes are recommended for those who are new to SPINNING® so riders will learn how to set up their bike, monitor exercise intensity, and use resistance and cadence to vary their workout intensity.

**Intro to SPIN®\*** (Beginner Class, only need to attend once)

Welcome to Spinning! This class is a 30-45 minute tutorial class that is HIGHLY recommended to anyone new to SPINNING® to ensure safety and maximum fitness results. This class will familiarize new riders on how to properly set up their bikes, spinning techniques and terms, and how to monitor exercise intensity.

You will only need to attend the class ONE TIME and you will be ready to participate in other spin classes. \*This class is for the first 6-weeks only, it will be substituted with Spin

### **Interval SPIN®**

Expect hills, jumps, runs, flats, and climbs with varying intensity levels. This class is ideal for adding to your fitness foundation, burning calories, and pushing yourself to that next level! Exercise intensity: 65-92% maximum heart rate.

### **SPIN®**

Instructor's choice on this ride! You will get an overview of the class when you get there. Each instructor is different so expect a different ride every time. Exercise intensity 50-92% maximum heart rate.

### **Endurance SPIN®**

Exercising at lower heart rates helps to build an aerobic base and burn fat. In this class expect to work at moderate intensity levels. This class format is essential element to anyone who rides multiple days per week. Exercise intensity: 65-75% maximum heart rate.

### **Strength SPIN®**

Steady, consistent pedaling with moderate to heavy resistances to develop the lower body muscles and challenge the cardiovascular system to promote power. This class is ideal for becoming a stronger rider, as well as building to your already established fitness base. Exercise intensity: 75-85% maximum heart rate.

### **Dance Studio B160**

Located in Fieldhouse

The Group X Classes are geared towards those who are looking to add variety, fun, and accountability into their regular physical activity. These classes will provide options for those looking for cardiovascular formats as well as strength and endurance based options. If you are looking for motivation and energy - these classes are for you!

### **CORE**

Strengthen and tone your abs and lower back with this 30-minute class that focuses strictly on the abdominals. Floor based exercises use mats, which are provided. You are welcome to bring your own if you wish. Some small equipment like stability balls may also be used in this class.

### **TBT (Total Body Toning)**

Condition your entire body to improve all aspects of physical fitness. This is a cardiovascular and strength based class for participants that wish to challenge themselves. Expect a workout that combines movements from instructor's cardio choice of kickboxing or plyometrics, resistance training, and core work! This is an excellent change from your regular treadmill and elliptical regimen. Equipment that may be used over the course of the semester includes weighted bar, hand weights, resistance bands, towels, stability balls, mats, and steps.

### **G3 (Glutes, Guts, & Guns)**

Develop a strong core, gluteus, and toned arms by utilizing equipment and your own body weight. Equipment that may be used over the course of the semester includes weighted bar, hand weights resistance bands, towels, mats, stability balls, and steps.

### **TurboKick®**

TurboKick® is a class that utilizes movements from kickboxing, boxing, and hip hop style moves to create a constant "party" while you workout. This fast paced, high-energy class is pre-choreographed and will keep you coming back for more! Turbo Kick® sample video <CLICK HERE

### **ZUMBA®**

ZUMBA® is a fusion of Latin and International music and dance themes that create a dynamic, exciting, and effective fitness class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **CIZE™ LIVE!**

Created by Shaun T, world famous fitness trainer and choreographer, CIZE™ LIVE! is a dance-based class that breaks down professional choreographed routines, step-by-step. This class is perfect for anyone who likes to dance, have a little extra fun when working out, and sweat! Move to today's latest beats and try CIZE™ LIVE! out!

### **INSANITY®**

INSANITY® uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. Join our certified instructors for the popular INSANITY® workout in a fun group environment!

### **R.I.P.P.E.D.™**

R.I.P.P.E.D.™ is a total body workout utilizing resistance and cardio training, combining Resistance, Intervals, Power, Plyometrics, Endurance and Diet components into a routine that is enjoyable, accessible and highly effective. The constantly changing format of the R.I.P.P.E.D. workout ensures maximum results, with participants burning 750-1000 calories in a single 50-minute workout. By stimulating different energy systems and muscle groups in each segment, and mixing up the routine every few minutes, R.I.P.P.E.D. keeps your body guessing and improving, and keeps your mind engaged. R.I.P.P.E.D. is constantly challenging but never, ever boring.

### **GVSU Kelly Family Sports Center**

Track Level

### **TRX®**

Build your core, increase muscular strength and endurance, and work on your flexibility and balance with the TRX® Suspension trainer. TRX® training is effective for any fitness level as it focuses on using your body weight against gravity. Join us to have some fun on the suspension trainer and learn the 100's of exercises you can do on just one piece of equipment!